

### PROPOSED EXAMINER'S AMENDMENT

The application is proposed to be amended as follows:

#### Amendment to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

#### Listing of Claims:

##### **Claims 1-7 (canceled)**

**Claim 8 (currently amended):** An exercise machine comprising:

a support frame having a base, side portions, and a central upper portion running normal to said base portion;

a seat portion pivotally mounted on said support frame base by a four-bar linkage for setting the seat portion at one of a plurality of pre-selected positions at different distances from said base portion of said support frame, the pre-selected positions defined by a gauge having an arcuate series of adjustment apertures;

a back rest portion hinged to said seat portion and hinged to a height adjustment member mounted on said base;

~~a calibrated adjustment lever for setting the seat portion at one of a plurality of pre-selected positions at different distances from said base portion of said support frame;~~

~~the an end of said back rest portion connected to the seat portion and moving so that it can move along with said seat portion to bring said back rest portion towards a vertical position;~~